

In House Workshops

Super Beats

In House Workshops 1.5 hours, meet monthly cost \$20 each or included with dance card. These special workshops meet the second Saturday of each month at 10:00am for ages 10 – 19.

A one-hour workshop with the same theme designed for younger dancers ages 6 – 9 meets the second Saturday at 12:00. Cost for this shorter session is \$15

September	Turning Space – A concentration on various turning technique
October	Air Time – Working through a variety of leaps and jumps
November	Music Appreciation - Understanding the music that moves us
December	Faces On - A class on expression
January	Own The Stage – Building self-esteem and understanding body language
February	Voices Carry – Group singing and lesson in projection
March	Technical Aspects – Learn the meaning of stage craft
April	Choreography – Tools for creating dance
May	First Aid for dancers – Learn the proper way to care for injuries
June	Nutrition – Designed for young athletes and performers

Dance Beat is dedicated to the training of its students and will provide continuous opportunities throughout the year for its students to learn from professionals. Outside students are welcome to join us in these workshops when space is available. Additional opportunities are being scheduled and information will be released as available.